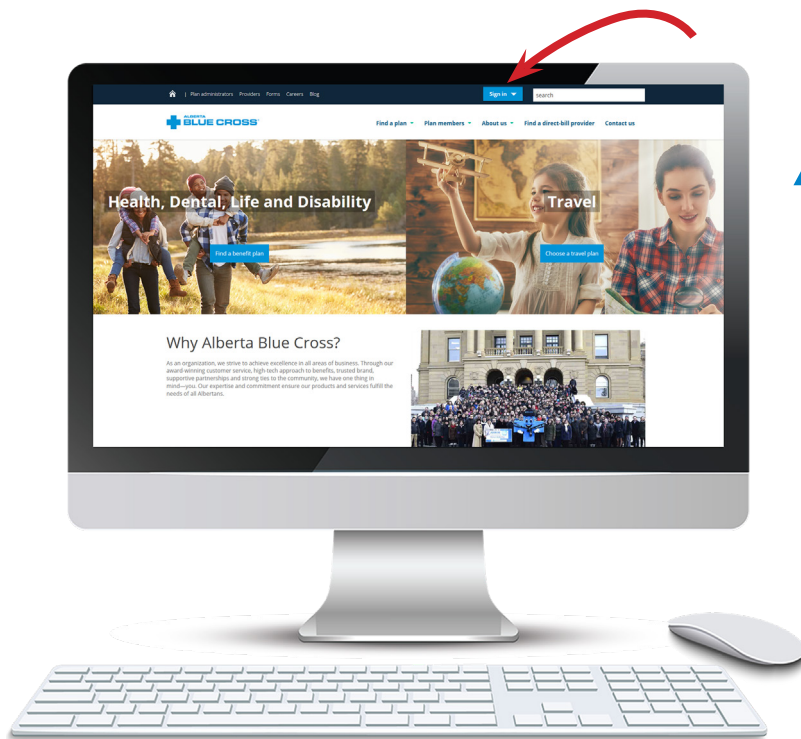


STEP-BY-STEP

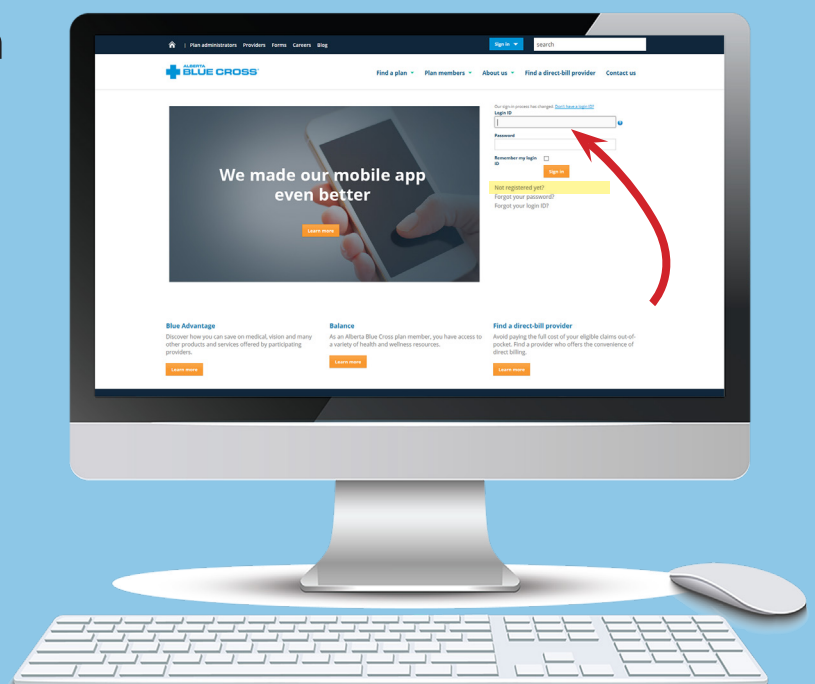
BALANCE[®] guide



1 On the Alberta Blue Cross website (ab.bluecross.ca), click the **“Sign in”** button, that’s located at the top of the page.

2 Enter your member login information—your login ID and password.

If you are not registered for the member website, click **“Not registered yet?”** to set up your account. You will need the information from your Alberta Blue Cross card.



STEP-BY-STEP

BALANCE® guide



3 In the member website, click on “**Balance**” under the “**Your benefits**” tab.

4 **Balance** will open in a new window.

Start with the **Health Risk Assessment** to get a snapshot of your overall health and a personalized plan to improve your health and wellness!



For questions and comments, please contact wellness@ab.bluecross.ca

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